

# Herb Stuffed Red Peppers

---

Ingredients:

- 4 large red peppers
- 1 lb. ground chuck or round
- 1 cup chopped onion
- 3 cups cooked rice
- 2 tbl. dried parsley flakes or 4 tbl. chopped fresh parsley
- 1 ½ tsp. salt
- ¼ tsp. cayenne pepper
- ¼ tsp. allspice
- 16 oz. tomato sauce
- ½ cup chicken broth
- 4 tsp. balsamic vinegar
- 3 tsp. dried basil
- 8 tbl. grated Parmesan or Romano cheese, divided

Directions:

Cut tops off peppers; remove seeds. Place peppers cut side down on a microwave-safe plate; cover with plastic wrap. Microwave on high for 2-3 minutes or until crisp-tender; set aside.

In a small skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Remove from the heat; stir in the rice, parsley, salt, cayenne and allspice. In a small saucepan, bring tomato sauce and broth to a boil. Stir in the vinegar, basil and 6 tbl. Parmesan cheese; stir about 1 cup sauce into rice mixture. Spoon into peppers. Place in a greased shallow 2 qt. baking dish.

Cover and bake at 350° for 30 minutes. Sprinkle with the remaining Parmesan cheese. Bake, uncovered, for 5-10 minutes or until peppers are tender. Serve with remaining sauce.

~ Credit: Allrecipes.com